

Statistics Report 01085, Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)
Report Date: July 05, 2017 03:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	90.84	12	0.032	90.58	91	11.0	90.768	90.91	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein 1	g	3.37	12	0.032	3.27	3.67	11.0	3.299	3.442	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 1	g	0.08	12	0.009	0.05	0.14	11.0	0.061	0.099	1	Analytical or derived from analytical	--	03/2003
Ash 1	g	0.75	12	0.006	0.71	0.78	11.0	0.741	0.766	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	4.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total 1	g	5.09	12	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2002
Sucrose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002

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Glucose (dextrose) 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Fructose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Lactose 1	g	5.09	12	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2002
Maltose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Galactose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 2 3 4 5	mg	122	4	0.946	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe 2 3 4 5	mg	0.03	4	0.003	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg 1 6 7 8 9 10 11 12	mg	11	41	0.071	6	12	13.0	10.67	10.978	8	Analytical or derived from analytical	--	01/2004
Phosphorus, P 1 6 7 8 9 10 11 12	mg	101	39	0.424	51	104	10.0	99.961	101.842	8	Analytical or derived from analytical	--	01/2004
Potassium, K 1 6 7 8 9 10 11 12	mg	156	26	0.764	149	167	9.0	154.104	157.574	8	Analytical or derived from analytical	--	01/2004

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Sodium, Na 1 6 7 8 9 10 11 12	mg	42	40	0.421	30	62	11.0	40.979	42.845	8	Analytical or derived from analytical	--	01/2004
Zinc, Zn 1 6 7 8 9 10 11 12	mg	0.42	27	0.003	0.28	0.45	14.0	0.413	0.427	8	Analytical or derived from analytical	--	01/2004
Copper, Cu 1	mg	0.013	24	0.000	0.01	0.01	20.0	0.013	0.013	1	Analytical or derived from analytical	--	01/2004
Manganese, Mn 1	mg	0.003	12	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Selenium, Se 1	µg	3.1	11	0.260	2.1	4.3	10.0	2.536	3.695	1	Analytical or derived from analytical	--	03/2003
Fluoride, F 1	µg	3.1	5	0.055	3	3.4	3.0	2.903	3.253	1	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Thiamin 1	mg	0.045	12	0.004	0.02	0.07	11.0	0.036	0.054	1	Analytical or derived from analytical	--	03/2003
Riboflavin 1	mg	0.182	12	0.004	0.16	0.2	11.0	0.174	0.19	1	Analytical or derived from analytical	--	03/2003
Niacin 1	mg	0.094	12	0.004	0.06	0.1	11.0	0.086	0.103	1	Analytical or derived from analytical	--	03/2003

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Pantothenic acid 1	mg	0.357	4	0.005	0.34	0.36	3.0	0.341	0.374	1	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1	mg	0.037	12	0.001	0.03	0.04	11.0	0.035	0.039	1	Analytical or derived from analytical	--	03/2003
Folate, total 1	µg	5	10	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	12/2002
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	10	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	05/2009
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total 1	mg	15.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	1.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 2 3 4 5	µg	0.50	4	0.069	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Retinol	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin A, IU	IU	204	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin E (alpha-tocopherol) 1	mg	0.01	12	0.002	0	0.02	11.0	0.002	0.009	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, delta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	1.2	24	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol) 2 3 4 5	µg	1.2	24	0.061	0.1	1.9	11.0	1.034	1.302	4	Analytical or derived from analytical	--	05/2009
Vitamin D 2 3 4 5	IU	47	24	2.431	5	74	11.0	41.37	52.087	4	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
4:0	g	0.004	8	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
6:0	g	0.000	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
8:0	g	0.001	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
10:0	g	0.002	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
12:0	g	0.001	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
14:0	g	0.008	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
16:0	g	0.025	12	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:0	g	0.009	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated	g	0.003	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:1 undifferentiated	g	0.018	12	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Fatty acids, total polyunsaturated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:2 undifferentiated	g	0.002	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated	g	0.001	11	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Cholesterol	mg	2	4	0.070	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan 2 3 4 5	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 2 3 4 5	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 2 3 4 5	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 2 3 4 5	g	0.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 2 3 4 5	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 2 3 4 5	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 2 3 4 5	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 2 3 4 5	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 2 3 4 5	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 2 3 4 5	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 2 3 4 5	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 2 3 4 5	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 2 3 4 5	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 2 3 4 5	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 2 3 4 5	g	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 2 3 4 5	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

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Proline 2 3 4 5	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine 2 3 4 5	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Hydroxyproline 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
- ³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
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- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
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- ¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
- ¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
- ¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994